

Quitting Tobacco

Is one of the most important things you will ever do.

1. Call 1-800-QUIT NOW (1-800-784-8669)
2. Follow directions to complete a medical screening and questionnaire with the American Cancer Society intake person.
3. Chose your source of support, phone service with 1-800-QUIT NOW or online service with wy.quitnet.com
4. With 1-800-QUIT NOW, a coach will call you to set up your five free support phone calls.
5. With wy.quitnet.com, follow the steps to join the program. Once done, remember to write your username and password in a safe place as you will need these later to assist you in obtaining a voucher for medications.
6. If you qualify for medications and choose Zyban, Chantix, Nicotine Inhaler or Nicotine Nose Spray, you will need to obtain a prescription before a voucher can be issued. If you already have a prescription before calling the quit service, do not get it filled until you talk with the quit coach.